

CALENDAR

Calendar notices and news for the society section of The Mail Tribune must be submitted in writing and deadline for the Sunday edition is 1 p.m. Friday. Deadline for the weekly calendar is 9 a.m. of the day of publication and for week day news is 8 a.m. the day before publication.

Sunday
12:30 p.m.—Potluck dinner and reception honoring the Rev. Joe Munshaw, Eagle Point Community church pastor, at Eagle Point Grange hall.

Monday
5:30 to 7 p.m.—Dinner open to public, served by Townsend club, 123½ West Main st., meeting at 8 p.m.

7:30 p.m.—LPNA. Sacred Heart hospital social room.

8 p.m.—Scottish Rite Women's club social meeting, Masonic temple.

8 p.m.—Alpha Rho chapter, Beta Sigma Phi sorority, Mrs. Richard Henselman, 333 Ardmore ave.

8 p.m.—Talant PTA, School cafeteria.

8 p.m.—Alpha Lambda chapter, Epsilon Sigma Alpha sorority, YMCA Bldg., 522 West Sixth st.

8 p.m.—NOW. Mrs. Carrie Milnes, 820 Narregan st.

Tuesday
12:30 p.m.—Klwanian Dancers, Mrs. Boyd Budge, 103 Highland dr.

1 p.m.—Woman's association, First Presbyterian church, at church.

1 p.m.—Howard Garden club, Mrs. H. E. Peyton, 1059 Crews rd.

7:30 p.m.—Eagle Point PTA, high school gymnasium.

8 p.m.—Living Foods Nutrition group, home of Mrs. H. R. Bosworth Jr.

8 p.m.—Pythian club, Mrs. John Russell, 120 Newtown st.

8 p.m.—Howard PTA, school gymnasium.

8 p.m.—DUV, court house.

Wednesday
12:30 p.m.—Chapter AA, PEO, Mrs. C. C. Thompson, Seaside ave., Central Point.

12:30 p.m.—Mistletoe club, Girls Community club.

8 p.m.—Bow Bells chapter DBE, Girls Community club.

Friday
10 a.m.—Eastwood Baptist, fall mission study workshop, by Medford Council of Church women.

11 a.m.—Medford Truth center, Room 203, Holly theater bldg.

Leather Cleaner New on Market

New York —(U.P.)—A leather cleaner claimed to do a "deep-down" cleaning and restoring job in only a few seconds is being offered.

It is described as having emulsifiers which penetrate, dissolve and clean leather, leatherette and plastic upholstery. It is supposed to leave a soft and lasting emulsifying action which prevents cracking and brittleness as well as loosening the soil and stains. It comes in a self-spraying squeeze bottle for home or auto use.

Foundation Says American Diets Far From Perfect

New York—Recent reports of how America is eating reveal many improvements in our food habits. Yet few of the people studied rated an A-plus in nutrition, according to the American Nutrition Foundation. Even in areas where the inhabitants have the reputation of being "well-fed," diets often were low in calcium, vitamin C and vitamin A. It seems we eat well, but not well enough. Fortunately, it is easy to make the adjustments which bring borderline diets into the A-plus class. Wouldn't you like to check your own diet?

Check calcium, for example. It has long been recommended that adults consume at least one pint (two 8-ounce glasses) of milk each day to insure an adequate calcium supply. But Rutgers university scientists found about one-third, of a group of six hundred men, were drinking less than one glass of milk a day. When this happens to be the problem, it is helpful to know of other ways of taking calcium. About one and one-half ounces of American cheese provide the same amount of calcium as one glass of milk. Camembert, Swiss, and Parmesan cheese are also rich in calcium. Among other foods high in protein and calcium, one cup of canned salmon is equivalent to one glass of milk in calcium content. And one glass of milk is about right with cereal and fruit combinations served for breakfast, between meal snacks, or for dessert.

Among the green vegetables, escarole, endive, collards, turnip greens, broccoli and kale are excellent sources of calcium. Adding these calcium-rich protective foods to the diet raises the score rapidly in other minerals and vitamins, in vitamin A especially.

Protective cereals, either natural whole grain, enriched or fortified, contribute a generous source of B-vitamins and iron. And when oranges, grapefruit, strawberries or melons are the fruits of choice, vitamin C intake quickly reaches ideal levels.

Plain Beef Liver Takes on New Airs

Chicago —(U.P.)—Beef liver, best known as an economy dish, is taking on party airs. Try it next time you want to give guests an unusual appetizer with their favorite drink.

Cut strips of liver ½ inches wide and into approximately 1 inch lengths. Dip the strips into seasoned corn meal and fry in hot shortening (350 degrees) about 1 minute. Keep the strips separated and do not overload the frying kettle during cooking. Drain on absorbent paper and serve piping hot with your favorite barbecue sauce or "dunk" of chili sauce, prepared mustard, garlic, salt and a few drops of tabasco sauce.

Potpourri

As a little girl we were taught that it was impolite, as well as bad for the digestion, to gobble one's food. It's handy though. Last week we ate three hot sweet rolls, just out of Mrs. Anna Bengtson's oven, in practically nothing flat. Mrs. Bengtson had coffee brewed, too, but being already some 20 minutes late on the picture-taking schedule, we had to swallow the rolls and run.

We didn't actually keep count, but we're pretty sure that Photographer Bob Dyer also ate three. Observing that Mrs. B had at least a couple of dozen more rolls to be baked we inquired if she was having a party. Mrs. Bengtson said no, she just likes to bake, and gives the extra rolls away. "The neighbors seem to like them," she said, modestly. I'll bet they do, at that.

The next stop in today's BPWC series was in the library to take a picture of Miss Helen Webster. When we explained about Mrs. Bengtson and the rolls, Miss Webster's face took on a long look and she wondered aloud what Mrs. B. would say if a hungry BPWC member just happened to wander in, about lunch time. Miss Webster had a pile of books on her desk, but they weren't fascinating new novels. The one she was reading was entitled "Problems of Library Finance."

The next day Miss W. sent us a letter which she found interesting and amusing. It was written in 1912 by W. I. Vawter, attorney and member of the library board that year, granting permission for suffragettes to hold meetings in the library, providing "no voters" were present.

Writing to the librarian, Miss Robinson, Mr. Vawter said: "I will say that it was decided at the meeting that the women in favor of suffrage for themselves should have the privilege of holding meetings there, providing voters were excluded, and the same privilege should be extended to women who are opposed to it, excluding all the male population, and particularly the voting population."

Attorney Vawter went on to explain that the purpose of the library assembly room was to provide a place for meetings "for the betterment of the town, educational purposes and such. We think that the meetings of the ladies to consider the matter of suffrage, pro and con, might be considered in the nature of an educational matter."

The writer went on to carefully explain that if voters were allowed to attend, however, the meeting could be called political and the library board would be open to criticism.

Rocky Marciano owes us a new double boiler. Or maybe Archie Moore does. Anyhow, while we concentrated on the first three rounds of the fight Wednesday night, we completely forgot that the electricity was turned on high under the double boiler, filled with part of the dinner menu. About the end of the third round we smelled smoke and rushed to the kitchen to find the bottom of the boiler red hot, like the plate, and much of the enamel melted off.

We didn't really miss the rice that was cooking, though, for we dined very well indeed on antelope steak, a gift from Mrs. Eugene Cass who was one of the successful antelope hunters this fall. Mrs. Cass, who enjoys hunting very much, almost didn't get the animal. When the Casses arrived at the scene of the hunt Mrs. C. took a couple of experimental shots to see that her rifle was still in good working order and then discovered that she had only a handful of cartridges—the full box of ammunition had been left at home.

With no spare ammunition, Mrs. Cass was a bit nervous when she finally sighted her game, but didn't miss and now can boast a fine mounted head of an Oregon antelope.

"Out of 700 graduates, none claim overwork" reads a headline in the August 25 issue of "Better Schools." Under the dateline of Jefferson county, Colorado, the news item states that because of a recent survey among high school graduates, which brought to light "a feeling of inadequacy in the subject matter of English," school officials were planning a reassessment of curriculum values.

"Nowhere in the survey, in which nearly 700 graduates from 1949 to 1953 took part, did a single graduate say or imply that he worked too hard in high school," the article says. "On the contrary, a number blamed teachers, parents, or both for not working the students hard enough." One graduate said "My high school showed the influence of pampering parents where scholastic standards should have been met but were not in many cases." Another said, "The main trouble is that the teachers have been forced by the parents to make the students happy instead of giving them an education."

A third graduate was quoted as saying "I just wish I would have started studying before it was too late. I went to school with the idea 'It's for fun.' Thank gosh, I've been lucky in getting a job, because I realize now, my cheerleading and fun were nice, but they sure don't count after graduation."

Wedding anniversaries have provided news of more than ordinary interest this week. Mr. and Mrs. Holly F. Swingle and the Charles L. Mays both celebrated their golden wedding anniversaries in recent days, and both stories recount that the couples went to Portland and attended the Lewis and Clark exposition on their honeymoons. The Swingles had the pleasure of returning to Portland on their golden wedding day and revisiting the site of the exposition and even viewing again some of the same exhibits.

The Fred Rydes honored Mr. and Mrs. Cecil Hill of Grants Pass at a dinner last Sunday which observed the Hills' 25th anniversary. Not only were the Hills married in the Rydes' home, back in La Crosse, Kan., but Wilbur and John Hawley, who served refreshments at the wedding, also attended the anniversary party.

The men of 18th century England took a dim view of cosmetics. They passed a law which said that any woman who dared "betray into matrimony any of his Majesty's subjects by virtue of scents, paints and cosmetic washes" would have her marriage annulled and would be punished under the witchcraft law.—O.S.

Scout Area Announces Delegates

Rogue Valley Area Girl Scout council has announced the selection of Senior Scouts to attend two national scouting events. Miss Judy Drais, Grants Pass, and Miss Suzanne Gray, Medford, will attend the Girl Scout national convention to be held in San Francisco, November 1-4.

This will be the first year that Senior Scouts from all over the United States will attend a national convention of the Girl Scouts of the U.S.A. They will attend the convention with the five adult voting delegates from the Rogue Valley council.

Rogue Valley Scouts will also attend the 1956 Senior Girl Scout roundup to be held at the Highland State Recreation area, one of Michigan's parks which is located about 40 miles northwest of Detroit. The twelve-day encampment will be June 29 to July 11. The Rogue council and the Lakeview, Ore., council will send a patrol of eight girls. This patrol will join three other patrols from different parts of the country.

Girls selected from the Rogue valley council are Miss Mary Friend and Miss Karen Johnson of Medford and Misses Sara Turner and Janet Anderson of Central Point. Alternates selected are Misses Judy Drais, Sandra Ullian and Betty Doerflinger of Grants Pass; Sharon James of Phoenix and Jacque Bates of Medford.

Mrs. Jack James of Phoenix has been selected as a troop leader on the staff at the roundup. Purpose of the roundup is to give Senior Girl Scouts a sense of belonging to a strong and unified organization; to add interest to the present program of older Intermediate Girl Scouts; to give those attending an opportunity to meet girls from all over the nation; to provide experience in working with girls of different backgrounds; to promote an understanding of the patrol system and good troop government.

Theme of the roundup will be "Americana" which includes everything that represents the United States. Over 3,840 girls are expected to attend from every state and the girls will hostess thirty two Girl Guides from seven member countries of the World Association of Girl Guides and Girl Scouts.

Dinner to Honor Pastor, Family

Eagle Point—A potluck dinner and reception at 12:30 p.m., today will honor the Rev. Joe Munshaw, pastor of the Eagle Point Community church, and his family. The dinner will be served at the Eagle Point Grange hall and all persons interested are invited. In addition to food for the dinner those who attend should take table service.

The event will be held immediately after morning worship.

Millinery Industry Complains That Too Few Women Wear Hats

By GAY PAULEY
United Press Correspondent
New York —(U.P.)—The millinery industry complains that too many women wear hats only to church.

It has begun a campaign to get women into hats for all other occasions. For two reasons. One, sales have dropped. Two, the industry contends that a woman this fall will look "funny" in the new, narrow silhouette decreed by fashion, unless the hat completes the costume.

Women's hatlessness cost the industry a three per cent sales drop from 1953 to 1954. The Millinery Stabilization Commission, New York, estimated retail sales in 1953 at \$380,000,000. Sales in 1954 had dropped to \$368,600,000. But the commission said milliners hoped by individual and group promotions to bring 1955 sales back to the 1953 level at least.

Reasoning Of Hatless

Why do even the most fashion-conscious women occasionally go hatless?

Frances Ashmore, staff member of a national fashion magazine, told a Fashion Group meeting in New York, that women give these excuses:

"My neck is too long and my face so thin that hats make me look pin-headed."

Or, "A hat makes me look older."

Or, "My boy-friend doesn't like hats."

Or, "Hats ruin my hair-do." Milliner Sally Victor, who makes Mrs. Dwight D. Eisenhower's hats, said the industry itself is to blame.

"Some of us milliners have fancied ourselves fashion dictators," she said. "We've told a woman she had to wear this or that. A designer needs the freedom to create, sure. But she must never forget also that a

Handweavers Hold Meeting Tuesday; Instructor Here

Rogue Valley Handweavers guild members held the first session of fall Tuesday evening at the home of Mr. and Mrs. Earl C. Bradfish.

Events of the past summer included a picnic dinner at the home of Dr. and Mrs. Clarence Drummond when Mrs. James Grigsby assisted the hostess; another dinner party in the garden of Mrs. Paul Janney, with Mrs. E. F. Bullock and Mrs. Aletha Vawter assisting; and a dinner meeting at the home of Mr. and Mrs. Loff at Grants Pass, when Mr. and Mrs. Bradfish were cohosts.

During late August members received weaving lessons from Mrs. Harriett Tidball of the Bay area. Since Mrs. Tidball is a nationally known instructor, members felt unusually fortunate in securing her for the lesson series. Winter programs are to be taken from lessons by Mrs. Tidball.

Eating Habits Said Deplorable

Carbondale, Ill. —(U.P.)—Parents can take most of the blame, if children grow up with atrocious eating habits, says one authority.

Mrs. Mary Barnes, Southern Illinois University nutritionist, says that when children exert their independence, "parents give in all too quickly to their choice of foods."

Mrs. Barnes, who has made a study of teen-agers' eating habits, says that on the whole they are "deplorable."

"In the years when children should be building up good nutrition reserves," she says, "they are tearing down their health by eating on the run, going without breakfast and eating too much sugar."

Mrs. Barnes said diets of many teenagers are low in vitamins and calcium and too high in sugar.

The SIU nutritionist advised against between-meal snacks, which she said may result in overweight and sluggishness.

Be Sure To List Your Choice of China and Crystal In Our BRIDAL REGISTER 2nd Floor

Announcements

- Imprinted Wedding Napkins
- Punch Bowl Rentals
- Shower and Wedding Thank You Notes

Swem's
BOOKS-GIFTS-RECORDS

BE SURE IT'S **Calorie Controlled** BE SURE IT'S **Hollywood** SPECIAL FORMULA BREAD

Learn NOW why Hollywood Bread is so popular with calorie-counters. NO fats added, NO shortening used. AND SUCH a delightful taste! Makes the kind of TOAST that "melts in your mouth" . . . the sensible bread to add to your REDUCING DIETS.

START NOW WITH **Hollywood BREAD**

ANITA EKBERG
Appearing in "BLOOD ALLEY"
A Borjot Production
in CinemaScope and WarnerColor
Presented by Warner Bros.

Free! "Hollywood Diet and Calorie Guide"—write Eleanor Day, Box 1027, Hollywood, Calif.

Hollywood Bread Is Baked Exclusively In This Area By

Fluhrer's

117 S. CENTRAL

Montgomery Ward

PHONES 2-8075
2-4546

FOR TOP QUALITY AT BIG REDUCTIONS
SEE OUR NEW FALL SALE BOOK

GET A FREE COPY TODAY

What could be more timely than a sale of Fall and Winter needs—right now?

With Wards new Fall Sale Book, you can save many budget dollars on family, household and auto needs. Just thumb through this big book and select everything from piece goods and back-to-school needs to sporting goods and auto supplies. Each item in our Fall book of bargains has been sharply reduced or specially purchased for this sale.

And . . . it's so easy to shop our Sale Book. When you have made your selections, just call our direct-line Catalog Department number and give your order to a trained salesgirl. So, visit us today and ask for your free copy of Wards Fall Sale Book.



Get On The School BAND WAGON



Give your Child the
Chance of a Lifetime!

Use Purucker's

TRIAL PURCHASE PLAN

A modest cost will provide a fine Band or Orchestra instrument and guarantee a successful beginning
—GET IT NOW—

Southern Oregon's Finest Music Store
Exclusive Olds and Conn Dealer

PURUCKER'S
PIANO HOUSE

111 North Central Ph. 2-5702

CAREFUL That's Us!
PROVE IT Here's How

We guarantee to clean

1 SUIT and **2 SHIRTS** if we miss a shirt button!

FREE!

Phone 2-6165 For Free Pickup and Delivery
WHERE ONE CALL DOES IT ALL

AL DUMAS' MEDFORD

DOMESTIC LAUNDRY & DRY CLEANERS

Home of Beautiful Dry Cleaning and Better Shirts